# **MOUNTAIN VIEW SENIOR CENTER**

266 ESCUELA AVENUE, MOUNTAIN VIEW CA 94040 ● 650-903-6330



Class Guide







**Senior Center Hours:** 

M-W: 8:30 a.m. - 9:00 p.m. Th-F: 8:30 a.m. - 5:00 p.m. Holidays & Closures:

September 3, November 12, November 22 & 23.

The Senior Center will be closed, and no classes will be held on these dates.

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\*Fees in this guide are for seniors ages 55+. MVLA classes may be offered to those under 55, which may have a higher fee. If you are interested in those fees, please contact MVLA or visit the class & speak with the instructor.

Classes offered at the Mountain View Community Center are located at 201 S. Rengstorff Ave., Mountain View, Ca 94040.

## **MV-LA**

(Mountain View - Los Altos Adult Education)

Three options:

In-person: 333 Moffett Blvd.
 Call: (650) 940-1333
 Online: www.mvlaae.net

VOLUNTEER

These classes are free, and there is no need to formally register.

Please just attend class and speak with instructor.

IN CLASS

ARTS AND CRAFTS CLASSES								
CLASS NAME	SIGNUP	DAY	DATES	TIME 🚿	FEE	ROOM	INSTRUCTOR	
CALLIGRAPHY: GOTHICIZED ITALIC - Learn a condensed version of an elegant alphabet for designing cards, invitations and place cards. All levels are welcome as you develop skills in lettering with a broadedged pen on white layout paper. Learn to work with developing variations suitable for monograms. Pens, inks and paper discussed at first class. Materials fee of \$5 payable to instructor at first class. No class 10/5, 11/2, 11/23.	MV-LA	F	9/7-12/7	9:00AM-12:00PM	77.00 + materials fee	COMMUNITY CENTER - ROOM 2	S. FRANK	
CERAMICS: BEGINNING / INTERMEDIATE TECHNIQUES - Beginning and intermediate students will learn various techniques in clay and glazing and at the end of the session will have completed work to take home. Beginning students welcome. Materials Fee: glazes \$15, clay \$5, payable to instructor at the first class.	MV-LA	W	9/12-12/12	1:00PM-4:00PM	79.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON	
<b>CERAMICS: EARTH, GLAZE, and FIRE -</b> This class features basic to intermediate clay work. Learn various techniques in claywork and glazing. By the end of the session, you will have completed work to take home. Materials Fee: glazes \$15, clay \$5.50-\$11.00, payable to instructor at the first class. No class 11/15, 11/22.	MV-LA	TH	9/6-12/6	9:00AM-12:30PM	\$98.00 + materials fee	ARTS & CRAFTS ROOM	S. WORLEY	
<b>CERAMICS: SMALL SCULPTURE -</b> Students will learn a variety of techniques to build, glaze and finish small sculptures and at the end of session will have completed pieces to take home. Materials Fee: glazes \$15, clay \$5, payable to instructor at the first class.	MV-LA	W	9/12 -12/12	9:00AM-12:00PM	\$79.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON	
class 9/3, 11/12.	VOLUNTEER	M	ONGOING	9:00AM-12:00PM	FREE	ARTS & CRAFTS ROOM	M. VARGAS	
<b>DRAWING AND WATERCOLOR</b> - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition, and detail. Many detailed demonstrations. Seascapes, landscapes, and floral will be emphasized. Materials list available at first class.	MV-LA	Т	9/11-11/13	9:00AM-12:00PM	\$74.00	ARTS & CRAFTS ROOM	B. DIXON	

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ARTS AND CRAFTS CLASSES								
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR	
FIGURE AND PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. A \$40 model fee payable to instructor at first class meeting.	MV-LA	TH	9/6-11/8	1:00PM-4:00PM	\$84.00	ARTS & CRAFTS ROOM	K. YOUNG	
<b>IKEBANA (FLOWER ARRANGING)</b> - Learn the Japanese technique of Ikebana ("living flowers") as you create flower arrangements. This class meets twice a month and is open to anyone who is interested in learning this ancient craft. Students need to provide their own vase, scissors and kenzan (special tool for flower arrangement). No class 9/3, 11/12.	VOLUNTEER	Second and Fourth M each month	ONGOING	6:30PM-8:30PM	\$40/month for materials	ARTS & CRAFTS ROOM	S. NARIMATSU	
<b>KNITTING AND CROCHETING CLUB -</b> Join this group of knitting and crocheting enthusiasts; create fun projects, and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.	VOLUNTEER	W	ONGOING	1:00PM-3:30PM	FREE	MULTI B	M. GRINDER & N. BAITY	
<b>PAINTING CLUB -</b> Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction.	VOLUNTEER	W	ONGOING	9:00AM-12:00PM	FREE	MULTI B	K. KOSHGARIAN	
THE ART OF QUILTING - Are you a newcomer or a seasoned quilter? Everyone is welcome to join, learn and share! We will explore various aspects of quilting such as paper piecing, studies in color and design, scrap quilting and traditional piecework. This course involves primarily machine quilting. We will create lovely table runners, lap quilts as well as full-sized quilts. Bring your own machine. Instructor Deborah Hall is an experienced quilter and teacher. Materials fee: \$3 paid directly to instructor the first day. No class 11/12.	MV-LA	М	9/17-12/10	1:30PM-4:00PM	\$70.00 + materials fee	MULTI B	D. HALL	

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ARTS AND CRAFTS CLASSES								
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR	
<b>WOODCARVING: DROP-IN -</b> A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 9/3, 11/12.	VOLUNTEER		ONGOING	1:00PM-4:00PM	FREE	ARTS & CRAFTS ROOM	TBA	
	COMPL	JTER	CLASS	SES				
MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, and menus. Explore Microsoft® Windows® applications such as Word® for creating simple documents and flyers. Learn how to cut, copy, paste, format, and save documents. This class is excellent for adult beginners of any age!	MV-LA	M/W	9/17-10/3	9:00AM-11:00AM	\$49.00	TECHNOLOGY ROOM	T. KORTENKAMP	
<b>GET CONNECTED - INTERNET (EMAIL) -</b> Develop and enhance your internet research skills. Learn to "surf" the Internet and visit some of today's most popular web sites, including sites that will help you obtain information relevant to your everyday needs and lifestyle. Create your own personal email account and learn to send and receive messages, greetings and attachments with proficiency.	MV-LA	M/W	10/8-10/24	9:00AM-11:00AM	\$49.00	TECHNOLOGY ROOM	T. KORTENKAMP	
PICASA PHOTO ORGANIZING AND SHARING - What good are thousands of digital photos if they are disorganized and hidden away on your computer? With Google's free Picasa software, you can organize your pictures into folders, create tags to help you quickly find the pictures you are looking for, and do basic photo editing. In this class you will learn to do all of these things, as well as create a Google account to upload your pictures to the web for online sharing and viewing. No class 11/12.	MV-LA	M/W	10/29-11/19	9:00AM-11:00AM	\$52.00	TECHNOLOGY ROOM	T. KORTENKAMP	

















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IN CLASS

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## DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
BEGINNING SOCIAL DANCE - Ballroom social dance for all levels. This class will teach all kinds of basic popular social dances in a variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill and fitness level, but your overall health and happiness as well. No class 11/22.	VOLUNTEER	TH	ONGOING	2:45PM-4:30PM	FREE	MULTI A	G. CHEN E. JIANG
<b>BELLY DANCING</b> - Learn the art of belly dance, and transform your body and mind while exploring your inner self. Join Nancy, who has over 25 years of experience teaching and performing belly dance. This fun and free class is designed for all levels.	VOLUNTEER	Т	ONGOING	7:15PM-8:30PM	FREE	DANCE & MOVEMENT ROOM	N. MIZE
CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of the mind and body. Practice Chinese folk dances once a week and do several performances annually. No class 11/23.	VOLUNTEER	F	ONGOING	2:00PM-4:30PM	FREE	DANCE & MOVEMENT ROOM	W. TANG
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed. No class 11/23.	VOLUNTEER	F	ONGOING	1:00PM-2:00PM	FREE	MULTI A	M. YOUNG A. YOUNG
<b>SOCIAL DANCE -</b> Dance to US, Chinese, and South American music from the 50s, 60s, and 70s. The types of dances include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come Join our Monday night "Dancing with the Oldies", and dance the night away. No class 9/3, 11/12.	VOLUNTEER	M	ONGOING	7:00PM-9:00PM	FREE	MULTI A	D. WU
<b>SQUARE DANCING</b> - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed. No class 11/23.	VOLUNTEER	F	ONGOING	2:15PM-3:15PM	FREE	MULTI A	A. KNOPPE















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IN CLASS

	DANCE CLASSES 😓								
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR		
WORKOUT ON BROADWAY- Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). No class 11/22.	MV-LA	T/TH	9/11-12/13	1:00PM-2:30PM	\$119.00	DANCE & MOVEMENT ROOM	M. RIDGWAY		
	<b>ENRICH</b>	MEN	T CLAS	SES 🚱					
BOOK CLUB - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome! Meetings are held second Tuesday of each month.	VOLUNTEER	Second T each month	ONGOING	10:30AM-11:30AM	FREE	MULTI B	R. SALIDO		
BRIDGE, DROP-IN - Join this group that meets on Fridays 9:30 a.m 11:30 a.m. Everyone is welcomed to play "social" or "party" bridge, but there will be no formal instruction. The volunteer in charge is Janice Pierce. For more information, email her at janicepierce08@comcast.net or call Wendy at (650) 964-2447. No meeting 11/23.	VOLUNTEER	F	ONGOING	9:30AM-11:30AM	FREE	ARTS & CRAFTS ROOM	J. PIERCE		
CURRENT AFFAIRS - Discuss controversial issues of the day in a safe setting. What should public policy be regarding long term unemployment, a collapsing infrastructure, etc.? Are we as Americans willing to take action, or do we continue to defer the hard choices to future generations? Can our society be fair to young and old? What should be the goals for America? How do we deal with issues such as pension reform, the green revolution, etc.? Class limit is 18 students. No class 11/12, 11/26.	MV-LA	М	9/10-12/10	1:00PM-3:00PM	\$49.00	MEETING ROOM	J. MATHER		
<b>EPISODES IN AMERICAN HISTORY -</b> Five presentations dealing with a specific aspect of American History, such as: "FDR and Voices in the Night"; Huey Long; Father Coughlan; the Bonus Army, Communist party, and the far right. Lecture format with time for questions and discussion. Class limit is 18 students.		W	9/26, 10/10, 11/7, 11/28	1:00PM-2:00PM	\$19.00	MEETING ROOM	J. MATHER		

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IN CLASS

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ENRI

#### **ENRICHMENT CLASSES**

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ESL: LITERACY/ BEGINNING LOW - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 11/12, 11/22, 11/23.	MV-LA	M/TH/F	9/6-12/21	8:45AM-10:15AM	FREE	MULTI B	H. CHOY
<b>ESL: BEGINNING HIGH -</b> This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 11/12, 11/22, 11/23.	MV-LA	M/TH/F	9/6-12/21	10:30AM-12:00PM	FREE	MULTI B	H. CHOY
<b>ESL: INTERMEDIATE -</b> This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. Class limit is 18 students. No class 11/12, 11/22, 11/23.	MV-LA	M/TH/F	9/6-12/21	8:45AM-10:15AM	FREE	MEETING ROOM	D. PADILLA
ESL: ADVANCED LOW - This class is designed for students who use English independently in most familiar situations. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. Class limit is 18 students. No class 11/12, 11/22, 11/23.	MV-LA	M/TH/F	9/6-12/21	10:30AM-12:00PM	FREE	MEETING ROOM	D. PADILLA
<b>ENGLISH ADVANCED CONVERSATION -</b> Come join this group to practice your English conversation skills in a relaxed setting. This is an advanced class, and knowledge of basic English is recommended. Class limit is 18 students. No class 11/23.	VOLUNTEER	F	9/14-12/14	1:00PM-3:00PM	FREE	MEETING ROOM	N. ROSS & E. MURRAY

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IN CLASS

ENRICHMENT CLASSES (48)									
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR		
<b>GENEALOGY, INTRODUCTION -</b> Explore your family history through research techniques, charts and forms, software, documentation guidelines and Internet resources - all with a group sharing your interests. Locate, interpret and document birth, marriage and death records, etc. <b>For those with little or no genealogy experience</b> .	MV-LA	Т	9/11-12/11	9:00AM-11:00AM	\$78.00	COMMUNITY CENTER - ROOM 2	S. HALLORAN		
<b>MEMOIRS WRITING</b> - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher.	MV-LA	TH	9/13-12/13	12:30PM-3:30PM	\$82.00	MULTI B	S. HALLORAN		
SPANISH, INTERMEDIATE CONVERSATION - This class offers lively conversation, small group discussions, oral presentations & current events. Class limit is 18 students.	MV-LA	Т	9/11-12/4	12:30PM-2:30PM	\$99.00	MEETING ROOM	A. PILLING		
	EXER	CISE	CLASS	ES •					
<b>NEW! BODY AND CORE STRENGTHENING</b> - Learn proper technique and exercises to strengthen and condition all muscle groups using hand weights (2lbs - 5lbs). This class is recommended to improve bone densitiy, metabolism and muscle tone - a perfect complement to regular cardio workouts. The last half of the class will be performed on the mat and focus on core strengthening. Mats provided or bring your own mat and hand weights. No class 11/23.	IN CLASS	F	9/21-12/14	8:45AM-9:45AM	\$60/\$72.50/ \$7 drop-in	MULTI A	T. LO		
FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement, leaving excess muscle tension behind. Create relief for your back, neck and shoulders, expand ease of movement, and improve physical habits to achieve better balance, less pain, and more enjoyment. Movements are usually done lying on mats, sometimes sitting or standing. Mats provided. No class 11/23.	MV-LA	F	9/7-12/7	10:00AM-11:15AM	\$46.00	MULTI A	J. ELVIN		

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IN CLASS

	• EXERCISE CLASSES • CASSES								
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR		
THE JOY OF MOVEMENT - The class sessions include gentle warm- ups, movement, and mediations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary.	VOLUNTEER	First W each month	ONGOING	7:00PM-8:45PM	FREE	SOCIAL HALL	R. CANTONI		
<b>LOW IMPACT AEROBICS -</b> This class will provide a full cardiovascular workout. Simple steps choreographed to favorite and familiar tunes followed by strength training with free weights. No class 9/25, 9/27, 11/20, 11/22.	VOLUNTEER	T/TH	9/18-12/6	1:00PM-2:00PM	FREE	MULTI A	D. ARNOLD		
QIGONG: EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. This class is not suitable for those who are chronically ill. Classes held on the second Wednesday of each month may occasionally be moved to the Social Hall.	MV-LA	W	9/5-12/19	5:30PM-7:00PM	\$50.00	MULTI A	L. SIMS		
QIGONG: MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 Qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. At times, the class may collectively decide to hold class outside. If you do not see the class in Room 3, please check the outside, in the back of the Community Center. No class 11/22.	VOLUNTEER	TH	ONGOING	10:00AM-11:30AM	FREE	COMMUNITY CENTER - ROOM 3	O. WANG		

























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• EXERCISE CLASSES • EXERCISE CLASSES								
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR	
STRONG FOR LIFE - Two sections to choose from! This is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the	IN CLASS	Т	ONGOING	Section 1: 9:30AM-10:15AM	FREE	DANCE & MOVEMENT ROOM	M. AHUJA	
upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment & physician clearance forms in class.	III OHIND	Т	ONGOING	Section 2: 10:30AM-11:15AM	FREE	DANCE & MOVEMENT ROOM	M. AHUJA	
<b>T'Al CHI -</b> This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional wellbeing. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class 9/3, 11/12.	VOLUNTEER	M	ONGOING	10:15AM-12:00PM	FREE	MULTI A	O. WANG	
DROP-IN Wii BOWLING - Join the fun and bowl on the big screen in our Social Hall! Learn the basics of the Wii video game system while bowling with fellow seniors in this drop-in class. Haven't bowled in a while? No worries! No shoe rental, no heavy ball, no experience needed, just fun and wireless remote controls.	VOLUNTEER	Т	ONGOING	4:00PM-6:00PM	FREE	SOCIAL HALL	STUDENT VOLUNTEERS	
YOGA FOR SENIORS "BRING EASE AND JOY IN AGING" - This class is especially designed for those of us with physical concerns. It offers instruction in the basic Yogic postures, repetitive rhythmical movements, pranayama (breath techniques), deep relaxation and meditation. Focus will be on modification of postures to fit our individual needs while enhancing our strength, flexibility, balance, coordination and calm mind. No class 11/11 (make-up 11/14), 11/22 (make-up 11/21). Fees: Participants attending class twice a week - \$120 for MV residents and \$132.50 for non-residents. Participants attending once a week - \$60 for MV residents and \$72.50 for non-residents. Drop-in participants - \$10 per class.	IN CLASS	M/TH	9/24-12/13	8:45AM-10:00AM	See Description for Fee Information	M: MULTI A TH: DANCE & MOVEMENT ROOM	M. ALEXANDER	

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EXERCISE CLASSES											
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR				
YOGA, THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement. Participants should wear clothes that allow for easy movement of limbs. Please arrive a couple of minutes before class begins to avoid disturbing the class once it has begun. Equipment is provided.	VOLUNTEER	W	ONGOING	10:00AM-11:15AM	FREE	DANCE & MOVEMENT ROOM	N. SUBRAMANIAN				
<b>ZUMBA GOLD -</b> If you love the rhythms of Latin music and you'd like to dance away your exercise hour - even if you've never danced before - come join the Zumba party. We'll merengue, mambo, samba, tango, salsa and more - all for fun. You won't believe you're exercising, improving your balance, strength, flexibility, and cardiovascular fitness! Wear comfortable, layered clothing and shoes - please, no sandals. No class 11/22.	IN CLASS	TH	9/13-12/6	10:30-11:30 am	\$60/\$72.50	DANCE & MOVEMENT ROOM	C. KENWORTHY				
MUSIC CLASSES & MUSIC CLASSES											
group!	VOLUNTEER		ONGOING	2:30PM-4:30PM	FREE	MULTI A	D. ZHOU				
<b>CHORUS</b> - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. Music fee of \$20 collected at first class.	MV-LA	W	9/12-12/19	9:30AM-11:30AM	\$36 + music fee	MULTI A	M. RIDGWAY				

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MUSIC CLASSES											
CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR				
KARAOKE: DROP-IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are multi-lingual and provided by instructors.	VOLUNTEER	Т	ONGOING	1:00PM-4:00PM	FREE	ARTS & CRAFTS ROOM	J. LIANG C. CHOW				
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net.	MV-LA	W	9/5-12/12	1:30PM-4:15PM	\$75.00	MULTI A	S. MACY				

#### **REGISTRATION INFORMATION**

Looking in the "signup" column will tell you if the class is run by Mountain View-Los Altos Adult Education\*, an Independent Instructor (In-Class), or a Volunteer. To sign up, follow the instructions at the top of each page.

See example for more information.

\*MVLA registration begins Friday, August 17.

